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ABSTRACT

This guide is designed to serve as a resource for developing strength training programs for children. Chapter 1 uses research findings to explain why strength training is appropriate for children. Chapter 2 explains some of the important physiological concepts involved in children's growth and development as they apply to developing strength training programs. Chapter 3 describes the concerns that should be addressed when developing a child's strength training program. Chapter 4 explains the specific components of program design, and chapter 5 explains how to teach resistance exercises to children. In Chapter 6 more than 100 resistance exercises are explained and illustrated; the exercise descriptions, grouped according to the body part that is strengthened, include starting position, movement, spotting and safety, and specification of muscles strengthened. Chapter 7 incorporates the exercises into basic training programs for 16 different sports and activities. Each chapter contains a reference list of additional readings. A glossary of strength training terms is included. (ND)

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